

INFANT MEAL RECORD

Provider's Name: _____

Month: _____

		Calendar Date:						Infant Names:
0 - 3 months	B	4 - 6 oz. Iron fortified formula or breast milk						
	S	" " " " "						
	L	" " " " "						
	S	" " " " "						
	D	" " " " "						

		Calendar Date:						Infant Names:
4 through 7 months	B	4 - 8 oz. Iron fortified formula or breast milk						
		0 - 3 Tbsp. Infant cereal						
	S	4 - 6 oz. Iron fortified formula or breast milk						
		L	4 - 8 oz. Iron fortified formula or breast milk					
			0 - 3 Tbsp. Infant cereal					
	S	0 - 3 Tbsp. Fruit and/or vegetable						
		4 - 6 oz. Iron fortified formula or breast milk						
	D	4 - 8 oz. Iron fortified formula or breast milk						
		0 - 3 Tbsp. Infant cereal						
		0 - 3 Tbsp. Fruit and/or vegetable						

		Calendar Date:						Infant Names:
8 through 11 months	B	6 - 8 oz. Iron fortified formula or breast milk						
		2 - 4 Tbsp. Infant cereal						
		1 - 4 Tbsp. Fruit and/or vegetable						
	S	2 - 4 oz. Iron fortified formula or breast milk						
		0 - 1/2 Bread or 0 - 2 crackers						
	L	6 - 8 oz. Iron fortified formula or breast milk						
		2 - 4 Tbsp. Infant cereal and/or						
		1 - 4 Tbsp. Meat, fish, poultry, egg yolk, cooked dry beans, or peas; or 1/2 - 2 oz. Cheese; or 1 - 4 Tbsp. Cottage cheese, cheese food, or cheese spread						
		1 - 4 Tbsp. Fruit and/or vegetable						
	S	2 - 4 oz. Iron fortified formula or breast milk						
		0 - 1/2 Bread or 0 - 2 crackers						
	D	6 - 8 oz. Iron fortified formula or breast milk						
		2 - 4 Tbsp. Infant cereal and/or						
		1 - 4 Tbsp. Meat, fish, poultry, egg yolk, cooked dry beans, or peas; or 1/2 - 2 oz. Cheese; or 1 - 4 Tbsp. Cottage cheese, cheese food, or cheese spread						
		1 - 4 Tbsp. Fruit and/or vegetable						

